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SHOWING APPRECIATION WITH THE 5 LOVE LANGUAGES

Nicole Sanchez
Volunteer Writer

There are many ways to show appreciation for the important people in one's life, but understanding how they experience love guarantees that those efforts will always be recognized. Dr. Gary Chapman, an author, talk-show radio host, counselor, and pastor, came up with a principle value system that observes how individuals communicate and anticipate affection once he recognized a pattern between couples as a marriage counselor. He called this system the Five Love Languages.

Words of affirmation, quality time, gifts, acts of service, and physical touch are five distinct ways people experience love. According to Chapman, the best way to successfully show appreciation is by learning the love languages of family, friends, and loved ones, and acting based on the language they prefer. When persons realize and use their love languages, it helps with the longevity of their relationships.

Words of Affirmation

This means that a person's sense of love and appreciation is best affirmed through words. Saying things like, "I feel so lucky to have you," and "I want to let you know how proud I am of you," are just two easy ways to let people know how much they are appreciated.

"Words mean a lot to me and I think that's one of the reasons why I write," said Sarah El Naamani, a senior majoring in English with a Creative Writing specialization. "So, it's safe to say that my love language is words of affirmation. Being told that I am doing a good job or simply someone acknowledging that I am trying or changing for the better keeps me going and makes my day."

Another student, Jessica Pittman, a senior majoring in English with a Professional Writing specialization, agreed with El Naamani.

"I love words of affirmation the most," said Pittman. "I cherish the words that people think of to tell me how they feel, words are powerful and with strong words should come strong feelings."

(Pic Creds) Verywell Mind

Quality Time

This love language is centered around togetherness. It's all about giving loved ones undivided attention to show love and appreciation.

An easy way to do this is by putting the phone down when spending time together and only focusing on the person. Try setting aside a day for a fun activity, such as going to a pumpkin patch or watching scary movies together. Intentionally making time for friends and family who experience love through quality time shows true appreciation for them.

Gifts

The love language of Gifts means that a loved one feels loved and appreciated through presents, whether they are big or small. This does not mean that a person who experiences love by gifts is greedy. In reality, gift-giving has far more to do with the sentimental meaning of the gift.

Every time a loved one sees a gift, it will serve as a reminder of that love and appreciation for them. Whether it's a toy from the Dollar Store or shoes from Neiman Marcus, friends who values gifts will always remember who got them the presents and love the gift-giver for thinking about them.

Acts of Service

Acts of Service means doing something for one's partner that they would like. When it comes to performing this love language, pay attention to the small things and consider the things they don't enjoy. For example, if a loved one does not like driving at night, offer to drive when it is closer to sunset. This might seem small, but every little thing matters to someone who feels loved by acts of service.

"My love language is acts of service and I would want someone to ask me if I needed help with anything," said Alexandra Joseph, a junior majoring in Criminal Justice.

"I value people who want to help me make my day easier and that can be as little as buying me a cup of coffee because I'm too focused to go grab it myself," said Joseph. "Or asking if I need help with an assignment!"

Physical Touch

This last love language means that someone prefers physical expressions. This isn't always intimate—a small squeeze of someone's hand when they are having a bad day or a big hug can show love and appreciation.

"One of my love languages is physical touch," said Jenna Skrelunas, a senior majoring in English with a Professional Writing specialization. "So, when someone gives me a high-five or a hug, I feel the most appreciated."

Getting to know the love languages of close friends and family is a great way to show appreciation. To find out more about the five love languages, Chapman's 30-question quiz is available online. Knowing about the five love language makes someone better able to understand how others show their love and appreciation.

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One of the most challenging aspects of 2020 has been the aftermath of the COVID-19 pandemic. With social distancing and mask-wearing guidelines put in place, formerly vibrant places—like Saint Leo's University Campus—have become empty and lonely. (Photo by Alora Peters)

REASONS FOR GRATITUDE: BEING THANKFUL AFTER A CRAZY 2020

Alora E. Peters
Arts & Culture Editor

If anyone were to ask, it would be far from difficult to make a list of all of the bad, frustrating, depressing, vexing, saddening, and generally unhappy things that have happened in the last eleven months of 2020.

But what if someone were to ask about the good things that happened this year?

It is a difficult question. However, even in the midst of a rough 2020, members of the Saint Leo community have found that there is still plenty to be grateful for.

"I was very happy to return to Saint Leo for my senior year," said Samantha Harris, who is majoring in Religion and works as the co-president of Imago Dei. "I am so thankful for the chance to spend this time with friends and continue my education."

Harris found that she was able to look on the bright side and find positive outcomes during the prolonged shutdowns that happened across the nation in response to the COVID-19 pandemic.

"Although the summer was really slow, I was thankful for the time off to recharge before this semester," she said.

Nina Michelangelo, a sophomore student who is majoring in accounting, had a similar experience during the coronavirus-inspired lockdown.

"Even though we had to quarantine and put our daily schedules on hold, 2020 definitely did allow for a lot of self-reflection," said Michelangelo.

2020 was a particularly difficult year for Kevin Horwedel, who works as an Evaluation Assistant in the Registrar's Office.

"Earlier this year, I was scammed out of my entire life's savings," said Horwedel. "I went from feeling pretty good about life, thinking about how I could use that money to buy my first house, to wondering how I could pay my rent that month."

Horwedel found, however, that good things could still happen in spite of distressing financial problems.

"My friends and family rallied around me and helped me in a big way," said Horwedel. "I've come out to the other side knowing that I have a God who loves me and who wants me to love Him just as much."

The challenges of the past year have also reminded students that friendships, familial bonds, and relationships of all kinds are more important than ever.

"One thing in particular that I'm very grateful for this year is the incredibly strong friend circle that I have managed to encounter," said Horwedel. "They've propped me up when I was at my lowest points and they are still here for me now."

Michelangelo agreed. "This year really did give me the opportunity to think a lot about what's important in life and allowed me to build stronger relationships with my friends as well as my family," she said.

2020, with all of its ups and downs, has proven to be a fantastic opportunity for personal growth, especially for spiritual growth.

"Although the external situation has been bad, my spiritual life has never been better," said Horwedel. "This year has really been the year of learning to trust God in everything."

Even though Saint Leo's University Campus has become a ghost town due to lack of persons on campus, a positive result can still be found: students and faculty no longer need to scramble for a good parking space in the now-empty parking garage! (Photo by Alora Peters)

These stressful and uncertain times have prompted many members of Saint Leo's community to turn to prayer and reflection. (Photo by Alora Peters)

"I've learned that it is important to be thankful, even when it's hard, and trust in God's timing," added Harris. "He is truly at work in all things."

"I learned some hard lessons this year," said Horwedel. "But those experiences made me a better man."

Especially during this Thanksgiving season, even when external situations seem to be spiraling out of control, remember to pause and be grateful for those truly important things in life. Take some time during this holiday break to reflect on what can be learned from the events—the good and the bad—of 2020.

TACTFUL TIPS FOR THE THANKSGIVING TABLE

(Photo Credit: Stefan Vladimirov) The dinner table can turn into a verbal war zone if you aren't purposely trying to have meaningful conversations at Thanksgiving.

Nicole Sanchez
Volunteer Writer

Thanksgiving was first celebrated as a holiday in order to give thanks to God for the harvest. Today, it's a time to get together with the people we love and be grateful for what truly matters.

Things don't always go the way we anticipate, and even a holiday like Thanksgiving can be flipped upside down due to arguments and debates on controversial topics like politics, religion, and personal identity. Here are a few tips on how to defuse conflict and still have meaningful conversations when planning to get together with family and friends this holiday season.

Breaking the Ice

Before having those meaningful conversations, lighten the mood and entertain the whole family with icebreakers. This can be especially helpful when some of the people at the dinner table are meeting each other for the first time. Thanksgiving isn't only celebrated with blood-related family, so it's important to make everyone feel acquainted and familiar with one another. Icebreakers can help conversations flow a lot easier when everyone is interested in getting to know each other.

Showing your gratitude

Expressing how much your family means to you should happen year-round, but Thanksgiving is a great time to let your loved ones know just how lucky you are to have them. Sharing something that you admire about another person at the table is a great way to invite others to join in and share what else they are grateful for this year. 2020 has been something else for all of us and showing gratitude for family and friends is just one way to uplift everyone's spirits and engage in a meaningful conversation during Thanksgiving dinner.

Ask open-ended questions

Most of the time asking open-ended questions that everyone at the table can engage in is the best way to start a meaningful discussion with your loved ones. Rather than asking dry questions like, "How was your day?" or "How's work going?" try conversation starters like, "What's your favorite family memory?" or "What was your favorite holiday tradition when you were growing up?" This simple technique can add to the conversation at the dinner table.

To make sure that everyone is contributing, a fun idea is to fill a bowl with questions and have each guest randomly pick one to read to the group. One person can read a question and answer it, or everyone can give their answers. Either way, this is a great technique to keep everyone engaged together at the table.

Staying casual

Even though a meaningful discussion involves intentionally asking questions and purposely making conversation, always avoid making someone else feel like they are being interviewed. The best way to do this is to stay casual. Being open, staying engaged, and making small talk will ensure family and friends at the table do not feel uncomfortable or feel like they are being interrogated.

Sharing your recipes

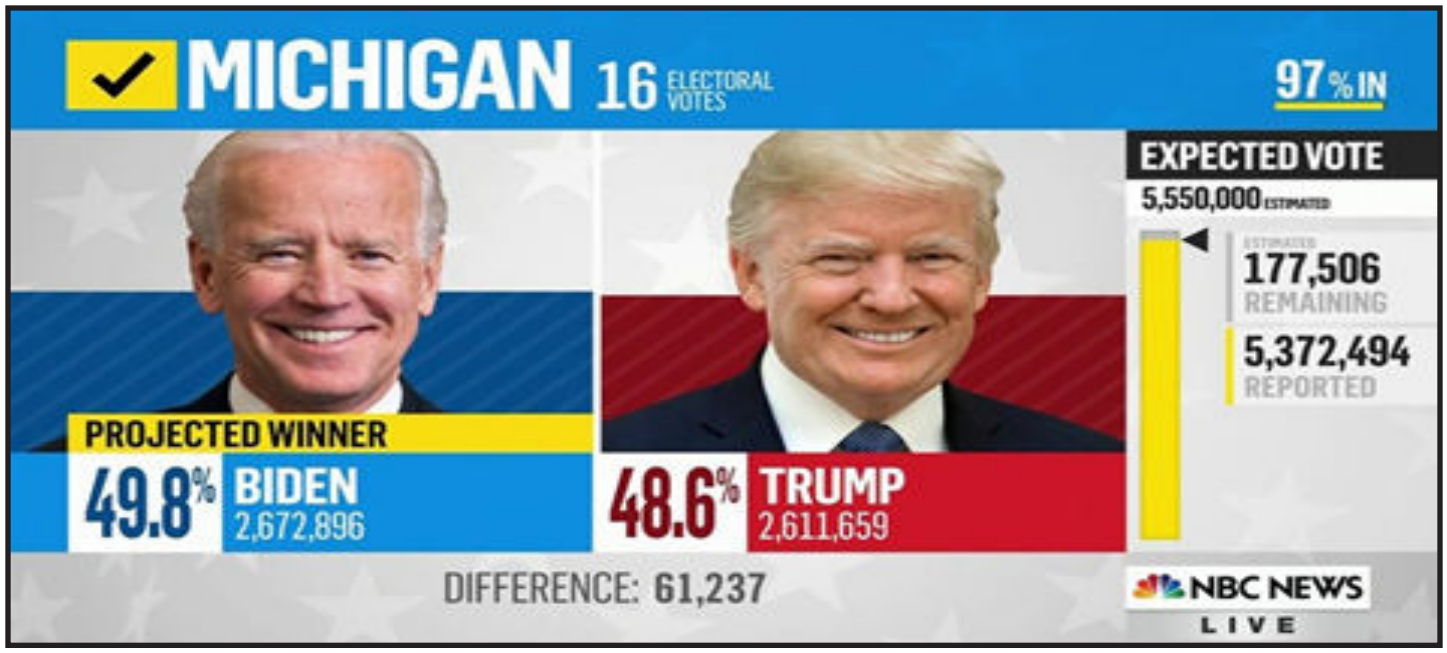
Sometimes it's easier to shift the conversation towards the food rather than focusing it on the people at the table. If other members of the family made dishes for the feast, ask them to share the recipe or talk about what it took to make the dish. If they make the same thing every year, like a lot of people do, ask if they've changed the recipe over time or what they love about their meal. Food is just one of the many things that can bring people together and really get the ball rolling when you're talking around the table on Thanksgiving.

Some people might dread Thanksgiving because there's always the chance of a quarrel between loved ones. It is always important to take a stance on global issues; but kindness is always more important, especially during the holidays when we are supposed to be enjoying the company of family and friends. In some situations, it's easier to avoid heavy topics to have those meaningful conversations that will create memories to last a lifetime.

It may be cliche, but I hope this Thanksgiving is filled with family, good food, and meaningful conversations.

National News

U.S. PRESIDENTIAL ELECTION PROGRESS



In Michigan, some of Donald Trump's supporters are claiming that a software glitch gave the Democrats extra votes by mistake. Source: NBC news

Juan Carvajal
Contributing Writer

Donald Trump took the lead in many states at the early stages of the election. Joe Biden took the lead in the National Polls.

So far, Trump has demonstrated how much impact he has had over the last four years. In 2016, after a period of consistent and exhausting campaigning, he was able to defeat Hillary Clinton and defy all the odds against him. The 2020 election seems like a tug of war between the Democrats and Republicans.

According to Dr. Marco Rimanelli, a political science professor at Saint Leo University, "The results of the election depend on state and precinct…if the turnout of in-voting of Tuesday is heavy, meaning, if a lot of Republicans vote and a good part of Democrats vote, it will take a few days for the results to be announced."

"In Philadelphia, where Democrats have the lead, mail-in voting was heavily encouraged especially for people who support the Democratic Party. On Tuesday, nationwide, from all the registered mail-in ballots, 45% were from registered Democrats and 35% from registered Republicans."

According to Dr. Rimanelli, "In places like Broward, Miami, and Tampa, which are Democratic, turnout is most likely to be light." Since turnout will vary between precincts and districts, some states use machines to speed up the counting.

"Ballots can be opened, without being counted, as early as three days before the election day if the legislature of the given precinct decides to do so… opening the ballots saves a lot of time… however, based on how strong or light each precinct and district is, the ballots can be counted."

Throughout the day on Nov. 3, Pennsylvania registered 20 electoral votes. Since Pennsylvania is mostly Democratic, Biden has an advantage over Trump in that state. The official results from Pennsylvania are not yet available.

Based on a report from The Guardian "It's very possible that the election result from Pennsylvania will not be known for days. That's because, Philadelphia, the state's biggest city, could take days to count its mail-in ballots." Trump also won in Florida by a tight margin, which helped him gain momentum initially.

In Wisconsin, Trump was able to take the lead by a small margin. According to The Guardian "Trump won Wisconsin in 2016 by fewer than 23,000 votes, a year when voter turnout in key cities such as Milwaukee was also low." Other states that are not swing states, like Arizona, were called early.

In Arizona, Biden got the lead. Based on a report from azcentral.com, "Democratic presidential candidate Joe Biden has won Arizona, the first presidential victory for a Democratic candidate here since 1996, but the national race is still too close to call."

Some populous states such as Pennsylvania, are taking longer to count votes due to the large number of mail-in ballots. Source: twitter

Likewise, Michigan gave the green light to the Democrats on the evening of Nov. 4. According to the Detroit Free Press, "Democratic nominee Joe Biden won Michigan on Wednesday, giving him a crucial 16 Electoral College votes toward his goal of defeating President Donald Trump's reelection bid and denying the president a valued prize from his 2016 campaign."

While votes are being counted, another concern for many is the appointment of Amy Coney Barrett as the Supreme Court Justice.

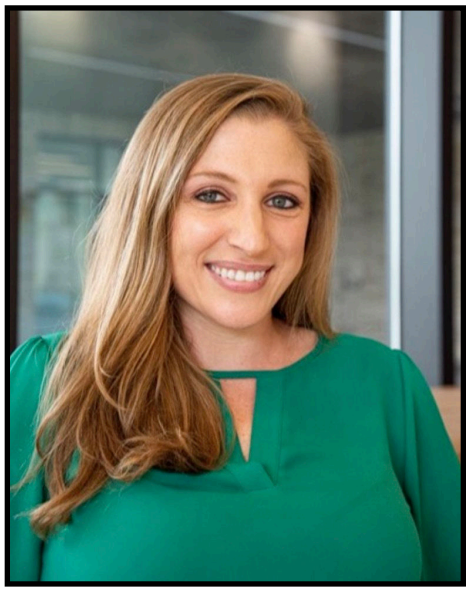
After the death of Ruth Bader Ginsburg, Barrett posed as the ideal person to fill in the role of justice by President Trump. According to whitehouse.gov, "Justice Barrett has made her philosophy clear: She will not legislate from the bench."

In a report from wusa9, a television station affiliated with CBS, Barrett was asked by Vermont Senator Patrick Leahy if she would recuse herself from any Supreme Court ruling on disputes regarding the 2020 elections. Barrett did not provide a concrete answer: "I commit to you to fully and faithfully apply the law of recusal. […] and I will apply the factors that other justices have before me […] But I cannot offer a legal conclusion right now about the outcome of the decision I would reach."

Since Barrett's nomination to the Supreme Court, Democrats have seen her as an obstacle. According to The Hill, "Democrats opposed Barrett's nomination while accusing the GOP of hypocrisy for pushing through the Supreme Court pick within weeks of the election.

On the other hand, The White House released a statement at the end of October, "Throughout Justice Barrett's career, she has faithfully upheld our U.S. Constitution as written. The American Bar Association gave Barrett its highest rating, and she has an impressive track record across the legal profession—as a judge, professor, and litigator."

CAMPUS HOLIDAY TRADITIONS AMIDST COVID-19



Dawn McElveen, Director of Student and Family Engagement

Daniela Mercedes
Contributing Writer

Saint Leo University is a great community that offers many holiday-themed events to keep students motivated and to make their college experience feel more like home. Some of the best events are hosted during the last months of the fall semester because most of the holidays are celebrated during these dates. Fortunately, there are many great events on campus, so students can safely have fun without having to go out or spend money.

Since Halloween is one of the most iconic holidays in the United States, there were several Halloween-themed events held on campus. "Movie Night" was the perfect event for students who like to watch movies outdoors. The event was held on the Kirk Lawn and the horror thriller movie "IT" was played. There were snacks for everyone and mats were given to students so they could lay down on the grass.

There were also great opportunities to win prizes playing bingo. "Spooky Bingo" was also held outside on the Kirk Lawn, where students sat on chairs to maintain social distancing.

"Paint with Juju" was another amazing event for students to relieve stress and show their creativity by painting Jack-O-Lanterns.

Christmas, one of the most important holidays worldwide, comes with a lot of beautiful events on campus. One memorial celebration that usually happens in December is the University Tree-Lighting Ceremony.

According to Dawn McElveen, Director of Student and Family Engagement, this year, it will be held on Nov. 18 at 6:30 P.M. The Tree Lighting Ceremony usually happens one week after finals exams. However, due to the fact that many students will be leaving during Thanksgiving and not coming back, it will be before Thanksgiving break this semester.

During this event, people get together, wrap the tree in lights, and put a star on the top. People will say a prayer and a small group sings Christmas carols. After that, the countdown begins and all the lights eventually come on.

Usually, there are hot chocolate, cookies, and snacks for everyone at the Tree-Lighting Ceremony. This year, so far, there will only be wrapped cookies for attendees. The Campus Activities Board is also planning to arrange games prior the ceremony in Kirk Lawn, so that people can play yard games together. Right after the event, a Christmas movie will be played in the lawn.

Another nice Christmas event is "A Saint Leo Christmas," a caroling concert performance by Saint Leo students. According to Dr. Cynthia Selph, Assistant Professor of Music and Music Ministry, this concert will be in the form of a video this year.

The College of Arts and Sciences plans to release the video during the first week of December, when students return to class remotely after Thanksgiving break.

For the performance video, each singing student was recorded on an individual track using Logic, an audio production software. For the video, each singer will be recorded individually in front of a green screen.

Those individual recordings will then be compiled together, swapping the green screen for selected Christmas backgrounds and interspersing other imagery from campus, decorated for Christmas, and artwork. The final result will be a Christmas Concert video that features all of the student ensembles performing beautiful Christmas music with engaging visual content, Selph explained.

The Tree Lighting Ceremony is a deeply loved tradition by all students and the lighting of the tree symbolizes the University's unity and the Saint Leo core value of community.

Students are excited to go to these on-campus events because is a great way to have fun, meet new people, get out of their routine, and even win prizes. Widna Simon, a sophomore student majoring in business management, says she keeps an eye on every event on campus because she feels that attending to them helps clear her mind and she loves to interact with new people.

Saint Leo's events team is making sure that guidelines are being followed, and it is doing a good job so far. There are a lot of differences when hosting events this semester, compared to past ones, because of the coronavirus pandemic. Firstly, university members must follow "Protect the Pride" guidelines when organizing events.

Uncertainty has played an important role in planning events, McElveen said. Saint Leo staff have changed plans multiple times since summer because of COVID-19 fluctuations. Now, events are posted just a few days before they are held because the staff cannot be sure that the event will go exactly as planned.

Another difference this semester is that students must register before going to the event so that the people organizing the event can keep track of the number of students that will attend the activity, for social distancing purposes.

In the past, Saint Leo hosted awesome events off-campus, which students loved to attend. Despite the hard work of Saint Leo's staff, all

CONTINUED

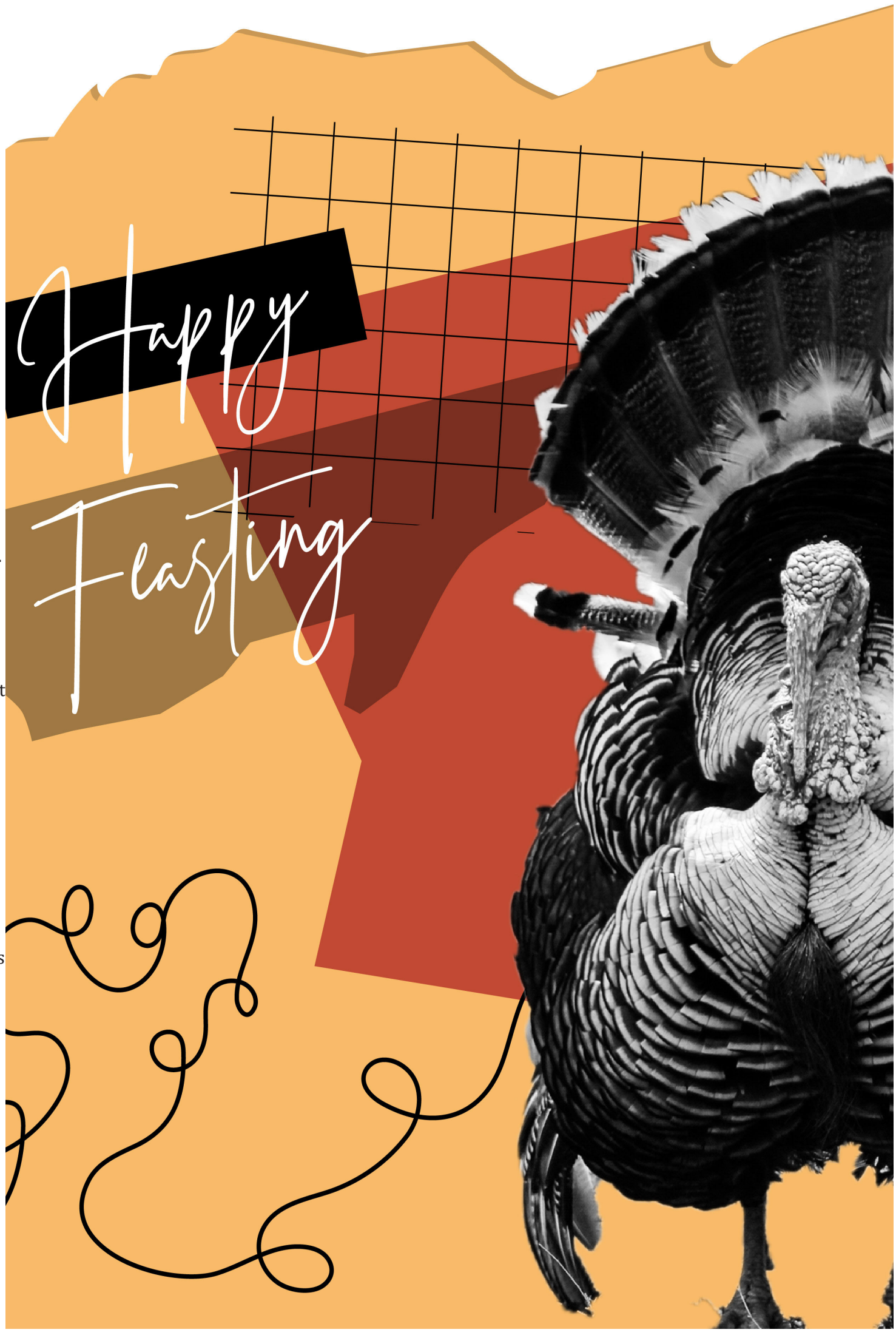
activities off-campus were canceled to protect their students from the COVID-19.
Even though this semester they were canceled, students remember past events happily.

According to Kechna Calixte, a sophomore majoring in biomedical health services, some of the most popular events were Halloween Horror Nights at Universal Studios, Howl-O-Scream at Busch Gardens, Mickey's Very Merry Christmas Party at Walt Disney World, and the Tree-Lighting Ceremony in Tampa.
The Tree-Lighting Ceremony will still be hosted on Dec. 4 at 6 P.M. in Curtis Hixon Waterfront Park. Crowds help Mayor Jane Castor countdown to the tree lighting and afterward enjoy a movie in the park. Admission to the ceremony and movie are free.
Students can find tickets for these events on the Saint Leo Tickets Website (https://saintleotickets.universitytickets.com). The best part is that they are usually very cheap compared to the actual price: that is why they sell out really fast.

Additionally, all on-campus events can be found in Saint Leo's email Newsletter, on the Saint Leo's community website at http://community.saintleo.edu/, or via the CAB Instagram account, @saintleocab.

There are always updates of oncoming activities to keep students entertained so they can enjoy to the fullest their college experience. For those students who will stay on campus during Christmas break, there will be a lot of fun events.

Many of these events will be virtual. Depending on the number of students staying on campus, staff will also try to do in-person events because they know that there are many students who cannot return home, especially international students.



Mexico

South of the United States' border, Mexico has its own unique collection of holiday traditions and holidays. November 1 and 2 kick off the Mexican holiday season with El Dia de los Muertos, also known as the Day of the Dead.

"We celebrate the death by setting up a communion table or 'altar' in Spanish. We display the favorite foods of the family members that are death, can be a grandparent that died last year, and great great great grandparents too," explained Mariana Navarrete, a sophomore Global Studies major and psychology minor. "The ultimate goal is to remember and honor the family."

"My favorite [holiday dish] is the bread of death," Navarrete shared. "It is a sweet fluffy bread sugar coated on the outside. It is one of the elements used in the altars set to honor the souls during the Day of the Dead celebrations. The bread symbolizes a fraternal offering to the souls and it has many variations in across the Mexican states, urban and rural communities."

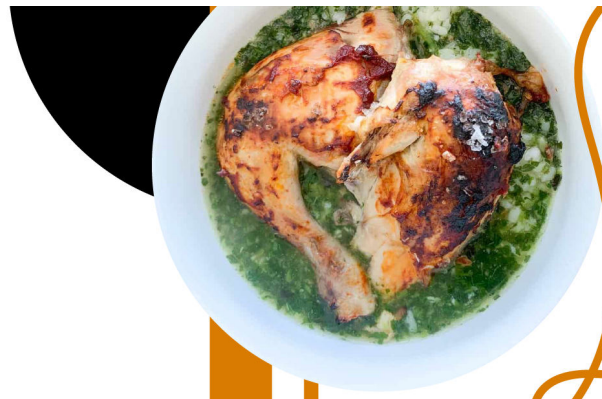
Ireland

Across the pond, Ireland celebrates many of the same holidays as the United States. "Christmas Day…is the pinnacle moment of the Irish Christmas season, which runs from December 8th to January 6th [and is known as the Feast of Epiphany]," said Dr. Pádraig Lawlor, Assistant Professor of History at Saint Leo University and an Irish native. "The night before, Christmas Eve, is just as important as Christmas day for the Irish people. … Just like Christmas Day in the United States, this day is celebrated with loved ones around copious amount of food and drink. It's a time of merriment and festivity. One in which people relax and reflect on what matters: their family and loved ones."

In addition to the staple meats of turkey and ham, Irish holiday dishes tend to incorporate lots of hearty vegetables, including potatoes, carrots, parsnips, and brussels sprouts.
According to Dr. Lawlor, "Christmas pudding, mince pie, and Christmas cakes are all big hits too." One such Irish Christmas dessert is mince pie, which Dr. Lawlor lovingly describes as being "small flakey pockets of fruity bliss."

In addition to being a tasty holiday treat, mince pies carry a cultural significance in Ireland. "In the 17th century, the pie was associated with supposed Catholic 'idolatry,'" said Dr. Lawlor. "So much so that during the English Civil Wars (1639-1649), humble mince pie was frowned on by the Puritan authorities. It became a symbol of Catholic food and soon became popular in Ireland because of its place in Catholic culture."
"Each pie is filled with boozy fruit (usually a touch of brandy), citrus and sweetness," he explained. "Ever since I moved to the US in 2014, I've had to rely upon my own homemade recipe because they're difficult to find in stores. When I have found them in stores, they are just not the same. The kitchen is our home is a place of experimentation around the holiday season!"

Dr. Lawlor has been kind enough to provide his family recipe for mince pies, and we invite anyone to try making their own mince pies this holiday season.



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Here in the states, November means its time to welcome in the holiday s
the United States, international students are returning to th

Internation

Dishes From Ar

This year, we wanted to put a spotlight the holiday season that is celebra
season is the food, so we've asked the international students and profess
one of their favori

Info by: **Gracie Swind,** *Managing E*

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Haiti

Important holidays in Haiti include November 1 and 2, which, similar to Mexico, are the Days of the Dead. November 18 is also a key holiday, as it is the day where Haitians celebrate the Battle of Vertieres, a historic battle that lead to Haiti gaining its independence from French colonizers. However, in Haiti, the most significant holiday comes after the New Year on January 1, which is Haiti's Independence Day.

"On this day, people all over the countr y are celebrating the freedom taken with bravery from the French," said Gethro Florvil, a sophomore Computer Science major and Haitian citizen. "January 2 is the day dedicated to the ancestors who gave us our freedom. …There is a traditional squash soup or pumpkin soup that everyone cooks on that day and share between them to celebrate this victory."

"This dish means a lot for every Haitian. During colonial times, the slave could not drink this kind of soup, it was only for the colonizers. After taking their independence on January 1st, Haitians all over the country cook this soup and eat together to celebrate this great victory," Florvil explained. "To make the squash soup or pumpkin soup, boil the squash with water and salt, then blend it. Put spices with carrots, potatoes, yams, chayote, celeries, green peppers, and other vegetables if you want to. When they are ready, add macaroni, spinach, cabbage, and meat."

irth is the most significant [holiday in Egypt] because the vibe of the hanges, as everyone wants to help each other," said Farida Hassan, Saint graduate, former Managing Editor for the paper, and an Egypt native. ecial treats and sweets..made on this special day in a form of a 'bride e call it 'Halawet al Moulled.'"

's birth, also called 'Mawlid,' celebrates the birth of the Prophet irthday, and the exact date changes each year depending on how Rabi' and differences in when the different groups of Muslims choose to ddition to the prophet's birth, Egypt also celebrates Christmas and ng the holiday season months.
day dishes in Egypt include 'Molokheya,' 'Dolmas,' and 'Fatta.'

avorite because [dish] there is no other country [that] makes Molokheya an explained. "It's a green soup where you can it with bread or rice. It has s on it…Arab countries prefer the Egyptian Molokheya the most because t Molokheya in the form of powder, which I never tried."

eason. While many of us are gearing up for Thanksgiving and Christmas in eir home countries for their own unique holiday celebrations.

al Holiday

round the World

ated in countries all around the world. One of the best parts of the holiday ors whose cultures and countries are represented here to share a recipe of te traditional dishes.

Scan Code to View Ingredients and Recipes!

ditor

Director

Venezuela

In Venezuela, the holiday season consists of Christmas and New Year, with Christmas Eve being the most important.

"We make a fancy dinner with all our family members (grandparents, uncles, aunts, cousins, and even friends)," said Daniela Mercades, a freshmen Economics major and Venezuelan. "We have dinner around 10 pm and at 12:00 am kids receive their gifts. They believe that [it] is the Child Jesus that brings them those gifts. … This holiday in Venezuela is really about enjoying time with family celebrating the birth of Jesus Christ. Also, after kids receive their gifts, we usually light fireworks."

Some traditional Venezuelan dishes include 'Hallacas', 'Pan de Jamon', pork, and chicken salad. "Hallacas…consists of corn dough stuffed with a stew of beef, pork, or chicken and other ingredients such as raisins, capers, and olives. They are folded in plantain leaves, tied with strings, and boiled," Mercades said. "What was everyday food, rich and forceful, was relegated to certain celebrations with religious excuses where the food shortages of the whole year were compensated on December 25 and the New Year with the best that could be put on the table. It is a mix of Spanish and Indigenous culture."

In Russia, New Years is a major celebration, with Russian Orthodox Christmas following a week after on January 7. "My favorite celebration is New Year. I think that a lot of Russians would say the same," said Natalia Kurkova, a 2nd year graduate student working on her MBA, World News Page Editor, and Russian native.

"There are grand fireworks on New Year's Eve. We give our family members and friends presents. Throughout my childhood, my mom would set up a dinner table with a lot of food. We decorated our apartment. We set up a Christmas tree in Mid-December and would have it out until Russian Christmas. Russian TV networks show a lot of New Year-themed shows and movies so having the TV on throughout the celebration is a tradition. Some years, we visited several family members and friends in one night to wish each other a Happy New Year."

Russia has a number of traditional New Years and Russian Christmas dishes, such as 'salad olivieh,' 'bliny,' and 'plov.' These dishes are infamous throughout Russia as holidays staples for the dinner table.

Kurkova's favorite dish, traditionally prepared on New Year's Eve is 'zapechennaya kuritsa,' colloquially called baked chicken. "It is similar to how people bake whole turkeys in the U.S.," she explained. "I love baked chicken because of the seasoning. You can be creative with it. My mom used garlic, parsley, pepper, and mustard powder as the main seasoning ingredients."
'Kutia' is a Christmas pudding and another Russian holiday dish, one that originated in Ukraine and spread to Russia.

"My aunt used to cook this dessert using rice instead of wheat berries," Kurkova said. "In addition, my aunt added dried cranberries to her ingredients. Each of the ingredients in 'kutia' carries meaning in relation to the Orthodox faith, for example, the wheat means eternal life, honey stands for the sweetness of the afterlife, and the nuts and poppy seeds symbolize fertility."

Russia

Jamaica

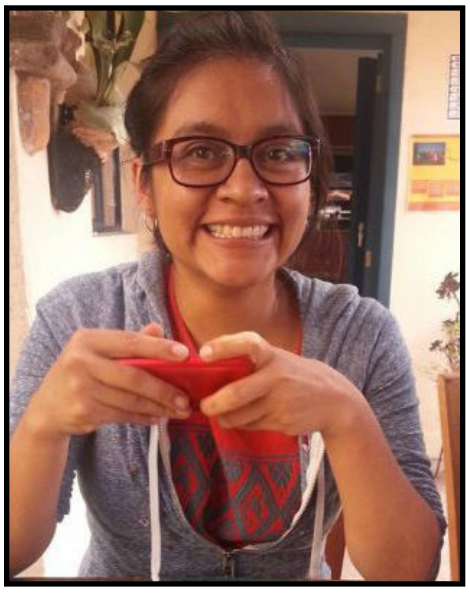
Many of Saint Leo's students hail from Jamaica and the Bahamas and will be returning home or the holiday season. Tayhana Taylor, a freshmen Accounting major and the World News Page Editor-in-Training, will find herself heading home to Jamaica come the end of November.

"Christmas is my favorite holiday because it's the only holiday my family celebrates together as a group, so that makes me really happy to just catch up with everyone, eat and have a belly full of laughter," Taylor said. In Jamaica, other important holidays include New Years Day and Boxing Day, which happen on January 1 and September 26 respectively.

"Oxtail and rice and peas as a mouth-watering dish that explodes with flavors once you take that first bite of the meat and that first spoon of rice and peas," Taylor explained. "There is also a traditional Christmas drink made from a plant called 'sorrel'."

Taylor has provided a recipe for Jamaica's traditional, sorrel Christmas drink and encourages anyone to try it.

TAJEEW B. DIAZ: PRESERVING INDIGENOUS LANGUAGES



Tajëëw Beatriz Díaz is a member of the Colmix Collective (www.colmix.org), which promotes and develops research activities, dissemination, reflection on the Mixe people, mainly on the language.

Mariana Navarette
Contributing Writer

Tajeew Beatriz Diaz defines a community's indigenous language as a thin thread that connects people and provides communal bonds, such as love, peace, and honor. But, as it is a thin thread, it has been historically broken by various governmental institutions. Nonetheless, Diaz advocates to find all the broken threads and sew together them again.

Diaz was born in Tlahui, a community where the indigenous language, Mixe, has roots in the northern region of Oaxaca, Mexico. Tlahui is a Mixe community of fewer than 9,000 people that revolves around community service, collective ownership, and tradition.

As she closed her eyes and painted memories of her early years, Diaz smiled and said, "The community makes you grow up with certain values that end up giving you a different perspective towards life. You see, in my community, individual success is always collective. Every project and goal is thought for mutual well-being."

After graduating with a degree in Political Science in the Mexican city of Puebla, Diaz is grateful to have worked with other Mixe women that wanted to advocate for their communities and created Colmix. This collective group focuses on activities that enhance research, diffusion, and reflection of the Mixe language.

"Some Colmix members are from neighboring villages, and we remind us every day that this is for them," reflects Diaz.

Diaz said "villages" and not "indigenous groups." . She respectfully clarified and said, "We are villages."

She then crossed her arms and amended her statement.

"Indigenous communities are villages, not groups, because the term 'village' has implications regarding human rights access and government representation we do not have, but we need," Diaz said.

The Mixe language is becoming extinct. Diaz laid back with a concerned face.

"The State has been in quite a rush to get rid of us," said Diaz.

She explained that in the last 500 years, the displacement process had included two parts. The first one is tangible, which is the land displacement The second one, "which is worse," according to Diaz, is the prohibition of their language. They are forced to learn and speak only Spanish.

Diaz knows the Mixe language because her mother taught her, but most of the Tlahui youth today barely understand it or do not know it at all.

"It is not their parents' or grandparents' fault that they do not know this music; it is a systemic failure to indigenous communities, historically imposed by colonization and the state," Diaz said. "It destroys me that the few old guardians of indigenous languages are dying at a faster rate now with the COVID-19 pandemic because they do not have access to health services," Diaz laughed, "Well, they have never had."

Students using monitors donated by EndlessOaxaca, a network of nonprofit organizations that translate and publish storybooks in 13 indigenous languages.

So far, it has been a permanent fight for Mixe people, but Diaz hopes it will end someday. She wishes for a utopia where all indigenous villages have total autonomy, can decide the kind of development they want, and for the Mixe language to be spoken by people from all ages without discrimination.

Diaz rolled her eyes. "For that to happen, the state would not exist either, or at least how we know it," Diaz said.

Diaz currently lives in the city of Oaxaca, where she is keen to keep sewing together the broken threads of the Mixe language. She coordinates the project called EndlessOaxaca, a network of nonprofit organizations that translate and publish storybooks in 13 indigenous languages.

Even if the threads of the Mixe language are dispersed beyond Mexico, Diaz will not stop to pick them up from the ashes to sew them back together. All Diaz asks is that we open her space, and maybe pass her some threads too.

SHOPPING AS WE KNOW IT: BLACK FRIDAY IN COVID-19

Khamile Labbe
Contributing Writer

Stores will have to close this Black Friday as people need to follow COVID-19 safety protocols. National retailers have announced alterations for the upcoming season that will change shopping habits this year.

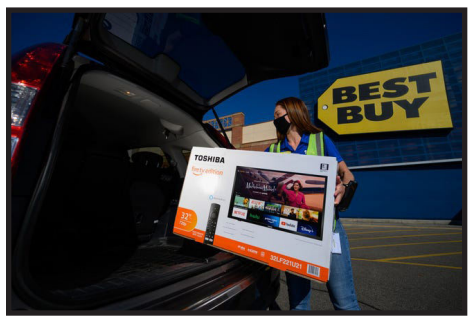
This summer, stores such as Best Buy, Walmart, and Macy's have announced that they will be closed on Thanksgiving Day. Regardless, customers have been told to expect a longer holiday shopping season with sales starting earlier than usual. Online deals will start as soon as November with lower prices on items of clothing, home essentials, and beauty products. Closer to Black Friday and Cyber Monday, stores will provide deals and sales for larger items, such as electronics and jewelry, as well as offer deals in other departments.

Here are some major stores' plans for Black Friday 2020.

JCPENNEY

Thanksgiving hours: Closed
Black Friday hours: TBD On Aug. 3, 2020, JCPenney's CEO, Jill Soltau, stated, "Customers can also utilize our convenient services such as Buy Online, pick up in-store available in all stores, and Style on the Go Curbside Pickup, in select locations."

BEST BUY



Thanksgiving hours: Closed
Black Friday hours: TBD

TARGET

Thanksgiving hours: Closed
Black Friday hours: TBD
In a press release on Aug. 19, 2020, Target announced, "this isn't the year for crowds."

FOOT LOCKER

Thanksgiving hours: Closed
Black Friday hours: TBD
Foot Locker's VP of Global Communications, Tracy Royal, confirmed on Footwear News that Foot Locker would be joining the ever-growing list of retailers closing on Thanksgiving Day this year. Customers can expect regular shopping hours on Nov. 25.

The shift to primarily online shopping will not only protect shoppers, but the store staff too. Jeff Galak, associate professor of marketing in Carnegie Mellon's Tepper School of Business, explained employee safety that comes with online shopping. According to Galak, online shopping allows for products to be kept in a central warehouse for employees to ship as needed.

Sofia Wharton, a criminal justice major at Saint Leo University and an employee at Aeropostale said, "I think definitely it will help others not get COVID-19 and prevent a huge expansion in cases."

She continued to explain that shopping has changed for the betterment of both employees and shoppers regarding safety.
"I feel safer not spending many hours around others," Wharton said.

Wharton also mentioned the idea of more family time for employees becoming available during this holiday season, as stores close. She welcomes the idea of closing stores to spend time with her family without having to rush after dinner to tend to the store.

"I hope closing on Black Friday will continue to come because I think Thanksgiving is about family, and it should be family-oriented," Wharton said.

According to the Washington Post, stores will generate revenue throughout the months of online shopping, leaving in-store performance at all-time lows. Less seasonal jobs will be available as online purchases take money out of the local economy. The fewer jobs there are available, the more people will struggle during this pandemic, and the less money there will be flowing into the local market.

This holiday season, it is important to remember to stay safe as shoppers decide where and how they want to shop.

THE "TWINDEMIC": COVID-19 AND INFLUENZA

More than 100 countries are still in complete or partial lockdown after almost a year since the COVID-19 outbreak.Source: CGTN/Youtube Video

Miurel Zamora
Contributing Writer

As the winter approaches in the Northern Hemisphere, influenza is starting to threaten the population. Together with COVID-19, a season filled with uncertainty and the possibility of a "twindemic" are expected.

"What is very likely to happen this year is we are going to have seasonal coronaviruses causing illness, pandemic coronavirus causing illness, influenza causing illness […] the symptoms all look like COVID-19 that is a demand on the medical system that we can't meet nationally," said Gregory Poland, M.D., director of the Mayo Clinic's Vaccine Research Group.

According to the Centers for Disease Control and Prevention (CDC), influenza killed 12,000 to 61,000 people annually since 2010 in the United States and 650,000 globally. The dangerous aspect of influenza is the random mutation observed in the genes and surface proteins of the virus. Experts try to assure the population with vaccine development. Citizens in countries with no access to adequate health care could be at a higher risk of developing respiratory diseases this year.

"Another pandemic caused by a new influenza virus is a certainty. But we do not know when it will happen, what virus strain it will be and how severe the disease will be," said Dr. Wenqing Zhang, the manager of the World Health Organization's (WHO) Global Influenza Programme.

One of the concerns the U.S. population currently has is contracting either virus and being unable to identify which one it is. Both viruses present similar symptoms such as cough, fever, fatigue, congestion, and muscle pain. The CDC claims that a COVID-19 test is the best solution to set people on the right treatment path. The shortage of medical staff and equipment can cause an uncontrollable flu outbreak among the U.S. population. While waiting for a vaccine against COVID-19, Poland recommended that citizens get the flu vaccine and continue to follow the COVID-19 safety protocols.

"The best way to keep our community safe is by informing ourselves and not getting influenced just by social media. We should inform ourselves to prevent the spread and keep our family safe. Stop the spread of myths about COVID-19, always look for science-based sources, and keep yourself aware of current information," said Bella Albarran, a liberal arts student at Saint Leo University.

ATTENTION
TO ALL CUSTOMERS
In response to the spreading of the COVID-19 Virus, Issei Noodle will ONLY be accepting TAKE OUT and DELIVERY ORDERS.
As a family business, it is our top priority to keep the safety of our family and employees.
To place a Take-Out Order please visit:
https://isseicarlisle.square.site
To place a DELIVERY please visit:
DoorDash or Grubhub
DASHERS and DRIVERS, PLEASE WAIT HERE. SANITIZE YOUR HANDS AND WAIT FOR THE STAFF MEMBER.
Closed
GRUBHUB

The flu vaccine reduces the risk of flu by 40 percent to 60 percent.Source: David L. Ryan—The Boston

Due to unemployment as a result of COVID-19, almost 46 percent of adults in the U.S. have experienced trouble paying their bills since the pandemic started. Roughly 32 percent say it has been hard for them to make rent or mortgage payments.Source: Jason Malmont, The Sentinel

The Solano County Public Health Department in California confirmed on Oct. 29 a positive case of COVID-19 and influenza. The person infected is under 65 and works in health care. The Solano County Public Health officer, Dr. Bela Matias, believes the patient did not follow proper COVID-19 health guidelines. For now, some counties in California plan to keep non-essential businesses closed.

According to Tina Hesman Saey, a senior writer for the Science News Journal, travel restrictions are still a vital part of COVID-19 prevention methods. Following the COVID-19 safety protocols will decrease the probability of testing positive for influenza.

This year in Australia, the number of influenza cases decreased after COVID-19 was declared a global pandemic. The precautions taken by Australian citizens helped slow the spread of influenza.

HOW IS COVID-19 EFFECTING THANKSGIVING?

Tayhana Taylor
Contributing Writer

Thanksgiving is a joyous occasion for many families, but celebrating together this year may be risky because of COVID-19.

Thanksgiving is anxiously anticipated by a number of college students and faculty because, for many families, it is the first holiday that them together before Christmas. International students get to go home for the break and share their experiences of studying abroad with their relatives.

With the hesitation to travel because of health concerns, the joy surrounding Thanksgiving will possibly be a tad dim this year for some international students attending Saint Leo University.

"I normally celebrate Thanksgiving with my family in The Bahamas even though The Bahamas doesn't celebrate Thanksgiving [...] the pandemic has changed my plans because I can no longer go back home to celebrate so that kind of sucks [...] I am spending it this year with some family friends who will take care of me and I'll see some of my best friends." said Kara Pinder, a freshman majoring in social work.

Pinder's situation is similar to that of other international students at Saint Leo. She pointed out that flying back home may not be worth it because she will be required to quarantine for 14 days.

"I am from Jamaica, so it is not a tradition for my family to celebrate Thanksgiving, but since I am here in the United States, I had plans to celebrate with my family in Florida [...] other relatives had made plans to fly to the U.S. to celebrate together, but that is not possible at the moment because of COVID, " said Jameelah Spence, a freshman studying business management.

The CDC has indicated that traveling via airplane outside of your area can lead to the spread of COVID-19. Source: Sally Painter

International students who choose to travel home may have to take a COVID-19 test and quarantine for 14 days. Source: Emirates Airways

(Left to right) Ashley Tucker, Lirit Burton, Christopher Scribner, Morgan Scribner, and Elianna Tucker. The Tuckers' Thanksgiving holiday is complete when all family members are present to enjoy some pecan pie and ham.

Spence continued, saying that she will have to resort to spending the holiday on campus or visit a relative nearby.

Unfortunately, a season that should be filled with delight has been the opposite for a lot of international students. On the other hand, some domestic students indicated that their Thanksgiving plans are still in place, but with COVID-19 restrictions playing a role.

"Well, I am getting on a plane and heading back to Tennessee for Thanksgiving, but sadly I'll only be seeing my direct family, like my parents and my younger siblings, because my parents had to shorten the Thanksgiving dinner guest list because of COVID-19 and the need to social distance [...] my older sister is pregnant so she won't be flying home as she is more vulnerable to the virus [...]. I am happy I get to see family, but the holiday won't be the same without everyone," said Ashley Tucker, a freshman studying criminalistics with a chemistry minor.

Many other families may be following the same precautions as Tucker. The Center for Disease Control and Prevention [CDC] urges families to limit their number of guests, wear masks during gatherings, and avoid travel to destinations that have a high number of COVID-19 cases.

One student expressed her concern about if she would still be invited to her friends' Thanksgiving dinner because of the pandemic.

"My family does not have a traditional Thanksgiving where we have a dinner and sit down and eat [...] my friends usually invite me over, but I am not too sure if those friends are doing anything this Thanksgiving," said Yvenie Desrosiers, a freshman, majoring in psychology.

Students are not the only ones experiencing the holiday differently.

"I usually cook for Thanksgiving every year [...]. [I] n the past, I have had Saint Leo students actually come home with me for Thanksgiving, but this year everything is kind of up in the air. Still, I'll probably do the same thing this year, but it's possible that some of my guests might be hesitant to come to my house for dinner this year because everyone is concerned about the virus," said Meg Riddle, a Dining Hall staff member..

Nonetheless, members of the Saint Leo community remain grateful, regardless of the pandemic.

"I'm thankful for the break from school, it gives me time to just relax and I am grateful to be healthy," said Ashleigh Ellis, a freshman with majoring in biomedical health science.

FOOTBALL & THANKSGIVING AN NFL HISTORY

Anthony Martinez
Sports Editor

Nothing says an American Thanksgiving like eating a feast with family while watching some NFL football. A tradition that has been taking place in the NFL since its inception back in 1920.

There is a plethora of history involved with the NFL on Thanksgiving, including the fact that it started a hundred years ago. The two NFL teams most notably with Thanksgiving football is the Detroit Lions and the Dallas Cowboys. The Lions have played every single year since 1934, while the Cowboys, outside of two exceptions, played every year since 1966.

Because of their long history with Thanksgiving, the most played game on Thanksgiving is the Lions versus the Green Bay Packers, second is the Lions versus the Chicago Bears. The most common matchup for the Cowboys is with the Washington Football Team. While the Lions and Cowboys play yearly, in 2006 the NFL decided to add one more game yearly outside of those two teams.

Unsurprisingly the most wins and losses on Thanksgiving goes to the Lions, with 37 wins and 41 losses. Despite playing in 28 fewer games than the Lions, the Cowboys only have six fewer losses, a much higher win percentage.

Another tradition of the NFL on Thanksgiving is the awards. Since 1989 some type of award has been given out to the player who had the best performance on the field. The most notable award is the turkey leg that has been given out. Some of the players who have earned the turkey leg are Emmitt Smith, Brett Favre, Jay Cutler, Randy Moss, and countless others. Some of the other awards that have been given is a game ball, an all-iron award, a pie, and even a WWE championship belt.

Some of the notable games that have been played on Thanksgiving are the Dallas Cowboys versus the Green Bay Packers in 1994, the game where Cowboys quarterback was injured, and third-string quarterback won a high scoring affair against Green Bay. In 2012, it was the famous "butt fumble," when Jets quarterback Mark Sanchez accidentally ran into the behind of his center and fumbled the ball. In 2008, the year the Lions would go 0-16, they were demolished by the Tennessee Titans in the biggest blowout in Thanksgiving history, 47-10.

While there is all the history and countless records there is also the future three-game slate, scheduled to take place this season on Thanksgiving Day, Nov. 26.

The first game scheduled to take place will be the Detroit Lions versus the Houston Texans. At the time of this article, the Lions have a record of 3-3, and the Texans a record of 1-6. If this was last season, it would've made sense to think while it would be competitive, the Texans would run away with the game. This year is extremely different. The Lions might be better than what their record says, even in the games they've lost, at some point they held a lead, they just have to finish better. Meanwhile, Houston is a complete mess since trading receiver Deandre Hopkins. Both have extremely talented quarterbacks with Matthew Stafford and Deshaun Watson, so anything can happen, but it makes sense for the Lions to be favored in this game.

The second game for the day is the Dallas Cowboys against the Washington Football Team. Both teams are currently 2-5 and both teams look like pretty bad teams. Washington has no identity, but they have already beat Dallas once this season in a game that wasn't very close. The Cowboys are without starting quarterback Dak Prescott, backup Andy Dalton is currently injured but should be back in time for the Thanksgiving game.

Regardless of who starts at quarterback, this game will be between two bad teams in a truly awful division. So, while it might be difficult to watch, it could have playoff implications or at least draft positioning and the outcome should be a toss-up

The final game of the day is between the Baltimore Ravens and the Pittsburgh Steelers. Both are Super Bowl contenders; the Ravens only have one loss in the season, currently, and the Steelers are undefeated. By the time they meet on Thanksgiving, it will be the second time they've played this season, and from their first meeting, it could be indicative of how this game will play out. Huge implications on their division and playoff seeding. The winner of that game could very well end up being the number one seed in the AFC or at least battling with a team like the Chiefs for it. The complete Steelers team, the exciting Lamar Jackson, Ravens offense, and a defense that now includes Yannick Ngakoue, makes for the most anticipated matchup on Thanksgiving and one of the most anticipated for the entire season.

Picture from sports.yahoo.com

Detroit Lions quarter-back Matthew Stafford, with over 40,000 career passing yards and over 260 touchdowns, Stafford looks to lead Detroit on Thanksgiving once again.

NBA SEASON RECAP: A DELAY TO A CHAMPIONSHIP

Pictured from left to right is Goran Dragic, Bam Adebayo, Jimmy Butler, LeBron James, Anthony Davis, Rajon Rondo. Some of the notable names for the 2020 finals. (Pic credit news18.com)

Anthony Martinez
Sports Editor

After almost a year since the 2019-2020 season originally started, the playoffs have finally concluded. After the NBA season progressed as normal from its start on Oct. 22, the season was brought to a screeching halt when COVID-19 hit the league. On March 11, the NBA decided to indefinitely suspend all games. For basketball fans, it was heartbreak. A heartbreak that would not have to last forever.

The NBA announced a bubble, a way for teams, fighting for a spot in the playoffs, to safely finish the season and give the world something to cheer about again. On July 30, the season resumed.

The bubble isn't the only story of the season however, there were still many games before the shut-down and a lot to look into.

Statistics are always notable and there some standouts for this past season. The league leader in points per gamewas James Harden, scoring a ridiculous 34.3 points per game. From his setback to his ability to get to the free-throw line, Harden always found a way to score. Somehow, in his seventeenth season, LeBron James led the league in assists for the first time in his career with 10.2 a game. What he has been able to for such a long period of time, to dominate the game for so long, is nothing short of extraordinary.

Like every season, the NBA awards were given out to well-deserving players. The league's Most Valuable Player (MVP) was a tight race between the Lakers' James and the Bucks' Giannis Antetokounmpo. It would ultimately go to Antetokounmpo, making it his second time receiving that award. He won the NBA's Defensive Player of the Year Award, as well.

The Most Improved Player Award went to the New Orleans Pelicans' Brandon Ingram. As his time as a Laker, Ingram showed a lot of promise, but after being dealt in a trade to New Orleans for one of the best players in the league, Anthony Davis, Ingram's play took off. Ingram scored a career high of 23.8 points per game along with six rebounds and four assists per game. He also earned his first all-star appearance last season.

The standings for the regular season were primarily from before the bubble began, with the lower seeds being more affected in the bubble. It was really only the lower Western Conference seeds that were in play, teams like the Portland Trailblazers, the Memphis Grizzles, the Phoenix Suns, and the New Orleans Pelicans were playing for that final seed. It would eventually be the Trailblazers who earned the final seed despite the Suns incredible 8-0 record in the bubble.

Some of the other notable standings were the Los Angeles Lakers as the number one seed and the number two seed, the Los Angeles Clippers for the West. From the East, the number one seed and the team with the best regular season record was the Milwaukee Bucks, and the fifth seed, the Miami Heat.

The playoffs this season were like no other. No travel and no fans was a major shakeup to the usual atmosphere. Despite that, the play was still intense. The overall favorites to win the titles were the Clippers, the Bucks, and the Lakers. Only one of those teams would even reach the NBA finals and that would be the Lakers who breezed through the first three rounds going 12-3 in the process. Meanwhile, the Clippers were surprisingly taken out after having a 3-1 game lead in the series against the Denver Nuggets before blowing it.

While the Bucks won the first round easily, they would get demolished in just five games against the Miami Heat, the team who eventually met the Lakers in the finals. The Heat didn't care about seeding, and dominated the East going 12-3 just like the Lakers. This would set up the NBA finals, the Los Angeles Lakers versus the Miami Heat. James versus his old coach and team.

The Lakers here hugely favored to win; a lot of people expected the Lakers to take the Heat out in four or five games running through them. While the Lakers would end up winning in six games, the Heat pushed them throughout the series, making L.A. fight hard for it. The Heat managed to win two games against the consensus best team and best player in the world, something for Miami to be proud of, especially when no one thought they would be there.

Game five alone made that series worth watching; the battle between Jimmy Butler and James was magnificent. Butler cemented himself as a superstar in the league, while James proved he was still the best. In the end, James won finals MVP and the Lakers were NBA champions in 2020, a decade since their last one, all while dedicating it to the late great Kobe Bryant.

The Lions' Pride Media Group

Wishes you a
Happy Holiday!